

Press Release
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FOR IMMEDIATE RELEASE
Contact: Amy Grant, 608/310-6775

New Self Renewal Center to Host “Stress Management for the Holidays” Event

Madison, WI – New Self Renewal Center, a new facility offering a unique blend of fitness options, spa services, renewal opportunities and quality childcare, will host a “Stress Management for the Holidays” event for the general public on Wednesday, November 5, from 5:00-7:30 pm, at 6300 Enterprise Lane on Madison’s west side.

Learn effective stress management strategies from guest speaker, Marita Daun, LPC. Treat yourself to the benefits of learning quick and easy tips for entertaining and cooking during the holidays. End the evening with a fun and interactive time to create holiday cards or gift tags.

The “Stress Management for the Holidays” event schedule is as follows:

5:00 pm - **Welcome:** Check children into Kid Corner, enjoy FREE coffee, mingle and relax

5:30-6:30 pm - **Seminar:** “Stress Management for the Holidays” AND
“Easy Tips for Stress-Free Cooking During the Holidays”

6:30-7:30 pm - **Make & Take Workshop:** Participants will create gift tags or holiday cards.

Also, FREE mini manicures and FREE chair massages will be available on a first-come, first-served basis. Free childcare is available.

Call New Self Renewal Center at 608.310.6775 to reserve your place at our “Stress Management for the Holidays” event. For more information, please visit us at www.newselfrenewal.com.

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New Self Renewal Center, a new facility on Madison’s west side, provides a small community that offers both fitness and rest, focusing on health and wellness for the whole person. It is designed to give people an opportunity to rejuvenate, grow and connect with others by offering fitness and nutrition training, spa services, enrichment classes and other activities for adults and children. Membership includes open use of the fitness equipment, Swedish showers and drop-off childcare, as well as special member pricing on spa products and services, personal training and café items.